

Avoid the time crunch - take the T.I.M.E. today so you don't lose time tomorrow

Take some T.I.M.E. and invest in your health! Inspire others to add healthy years to their lives. You have the power to break down the time barriers and live a full, healthy life!

T: Take 10 minutes to find out if you're one of the 90 per cent of Canadians who have at least one risk factor for heart disease and stroke with the *My Heart&Stroke Risk Assessment*.

I: Inspire and lead by example. Make healthy food a priority in your home. Obesity is at an all-time high, especially among children. Simple things like planning meals in advance can save time. [The Heart and Stroke Foundation](#) and [Health Check™](#) have dozens of quick, easy recipes that can help.

M: Move for at least 10 minutes. Ten minutes is enough to get real health benefits. Try the Heart and Stroke Foundation's [10-minute workout](#).

E: Eat a [healthy snack](#). For example, skip the chips and grab a small handful of unsalted nuts. It takes no extra time and they're loaded with healthy nutrients such as fiber, omega-3s and healthy fats to help lower bad cholesterol.